## PHYSICAL CULTURE OF THE FACE.

If Your Mouth Does Not Bow Properly You Can Make It Bow by a Little Manipulation, and Your Cheeks Can Be Made Plump and Your Eyebrows Trained if Only You Know How.

PRACTICAL WAY TO MOLD A WOMAN'S FEATURES.

BY MARION MARTINEAU.



Take the nose in the finger tips, many times a day, and press it together. If it be wide and short, press it together and slightly upward. But if it be already a turned-up nose, then let the pressure be a sing one, but pull the nose down a little.

There is no longer any need to be ugly. If you are among the afflicted persons who have walked the earth in humility

who have walked the earth in humility of spirit because you were no beauty, and knew of your own defects, now is the

time to take notice and remedy your The mouth that is too wide can be brought into line and made small and pretty and the lips that are white and being less can be made red and charming food, otherwise skin may become irri-tated. Dip the fingers lightly in a little

Don't despair, no matter how poor a feature your mouth may be, for it can surely Your first thought must be to its color. You must get your lips glowing. Lips that are blue, and lips that are white, and lips that are purple are all ugly. You have seen that kind of lips and so has

everybody else. If your lips are of this scription go to work at them and make A good lip emollient should be on every dressing table. You can make one your-self. Take two ounces of sheep's fat and melt it on the stove. Add to it one ounce

Heat all together, and if glycerin agrees with your skin add a tablespoon of glyc-erin. Otherwise omit the glycerin, for it is poison to certain people. Scent the cream by adding a little almond meal and you will have something that is excellent

The time for applying a lotion to the lips is when going out into the brisk air. This will keep them from chapping and will preserve their color. It should also be applied at night on retiring. The lips at be kept rosy or the month cannot

CULTURE OF THE MOUTH Now for the physical culture of the mouth. It should be shaped like a Cupid's bow, for if otherwise shaped it is not cor-

Take your upper lip between your midale finger and your thumb and pinch it

in the shape of a Cupid's bow.

Pinch it upward and keep on indenting

it into how shape until it assumes the form you desire it to have. Do not think you can make over your mouth all in a minute, for, just as Rome was not built in a day, even so the mouth was not formed in an hour. Keep at it,

repeating the treatment every day, until the mouth begins to bow naturally, which it will do after a little while. The under lip will take care of itself.

E seated, madam; I am busy making a dimple."

The speaker was the face culturist in a beauty parlor and in a chair, patiently are in the habit of keeping the lips compressed, try the experiment of going to along the next manipulation, sat a ty girl. "I am just completing a

rigid, which would be positively soft if they were allowed to lie in tender lines instead of being compressed in hard fashion.

Take a pug. a nose that is too wide and not trained to transform a straight ugly mouth into a Cupid's bow is the work of only a very few weeks.

rigid, which would be positively soft if they were allowed to lie in tender lines instead of being compressed in hard fashion.

The second thing to consider—though in point of importance it might have been placed first—is the shaping of the nose. A nose that is a pug. a nose that is too wide and not tall enough, a nose that is turned up and a nose that has no shape at all can all be trained by the manipulation of the fingers.

Take the nose in the finger tips, many times a day, and press it together. If it

blow is struck at beauty. No professional beauty ever had a great, wide, spreading

Do not sleep upon one side with the face buried in the pillow. This will turn the nose and make it grow crooked. Meny a woman whose nose is twisted out of the straight line in which nature intended it

dren should see that the cars are always laid back properly during slumber and that the nose is slightly pinched together at the base and not buried in the blanket. More noses are ruined by lack of care or by had treatment than were ever spelled by the hand of Mother Nature. Really, aside from pronounced facial d

fault of the person, not of nature. The training of the eyebrows is an im

portant thing. Don't allow your brows to be too wide. Do not let them spread to be too wide. Never let

tie molding of trained finger tipe, and so can the flat nose, the pug nose and the nose that is turned up, by gently pressing the finger tips upon the faulty portions of the cartilage and fat.

TRAINING THE NOSE.

The snuff-takers of the last century had very wide noses.

The constant dilating of the nostrils, ow ing to the universal habit of taking snuff caused them to widen and widen. There

of over so, no by that age the most has appead beyond hope.

Frequently it will happen that some nasal trouble will cause the nose to spread. Difficulty in breathing, a stopping of the air passages, any of these

to grow can trace her trouble back to the days when she slept with her nose buried in the pillow.

Those who have charge of young chil-

awaiting the next manipulation, sat a prestty girl. "I am just completing a dimple, as you see," said the culturist, "and it requires just a little touch of the bodkin and, lo, it is deeply indented.

bodkin and, lo, it is deeply indented.

There are mouths that are absolutely rigid, which would be positive'y soft if they were allowed to lie in tender lines instead of being compressed in hard fashion.

It is a good thing, always, when working with the skin, to use a little skin

skin food, press them against the sides of the nose, massage the point gently for-word and then leave the nose alone until the next treatment.

were no pretty noses among the women of over 30, for by that age the nostrils had

things will create difficulty in breathing and make the nostrils dilate. This causes them to widen, and the first

fects, nature makes all neople beautiful.

She creates women with a firm, clear;
neetty skin, and she makes the eyes
bright and the hair glossy.

Just what happens to them later is the

TRAINING THE LIPS INTO A CUPID BOW.

MY LADY AND HER EYEBROW. If your eyebrows do not grow to sul you, then get to work and practice phys teal culture upon them. Evebrows that are too wide can be narrowed by pinching them together between the finger tips. Keep on pinching and curving until they

Keep on pinching and curving until they come into shape.

The hairs can be trained to grow together in one shapely, pretty line, as well us to spread. The spreading, scraggy eyebrows of the old should be a warning and a lesson to the young. Train your eyebrows in the way they should grow, and, when you are old, you will be glad that ou did not let them straggle all over

If your eyebrows are inclined to be thin, reat them nightly with sheep's oil and almond oil mixed in equal proportions Use a camel's hair brush. Dip the brush in the oil and gently paint the brows, going over them with exceeding care.

Vaseline darkens the brows and makes

them thicker in some cases. Use red vaseline, and slightly heat it. It can be thinned with almond oil if desired. Do not smear on the vaseline, but paint

them grow thin. Never let them lose their hair brush. Paint them in front of a color.

have curved them exactly right. Eyebrows that are too long can be clipped, but this is not a good practice. as it makes them grow bristly. Better to as it makes them grow bristly. Better to train the long hairs to lie down correctly. The eyebrows can be kept brushed, just as you keep the hair brushed, and the longer the brows the better, providing you keep them in good condition. Where there are a few straggling hairs that grow out straight and stiff, pull them out and keep them pulled out.

keep them pulled out. - . Eyebrows should be glossy, and should. on no account, have dandruff in them. This horrid state of affairs comes from irritating the brows with a comb. as so many young women are in the habit of doing. To remedy this, apply thick red

KEEP THE CHEEKS FAT. KEEP THE CHEEKS FAT.
Keep the cheeks fat by massage; keep
them in good condition by treating the
akin; keep the dimples in good working
order by frequent smiles, and try to be
as pretty evey day in the week as you

There is a physical culture expert who claims to round out your cheeks, no mat-ter how hollow they are. His first move

clear skin, creamy yet not too dark, with bright red cheeks, can be called a real gift straight from the gods.

The making of a dimple is said to be difficult. It is done by an operation which cuts the cords of the cheeks. But there is another way, which consists of gently stabbing the cheek with the point of a bodkin.

The skin must never be pierced, but the point can be gently pressed into the skin again and again until there is a slight depression which passes for a dimple.

"Dimples at 20, wrinkles at 40," is a pretty safe rule to go by, for dimples disappear soon after 20. But there are cases in which they linger longer, and the dimpled beauty of 40 is not so rare these days as she was twenty years ago, when women were accounted old enough to die at 40.

Don't think of giving up, if your face is not op to become oval, even though it was perfectly round, and it can be made plump, even though it be hollow.

The same thing must be done over at least once a week, and twice is not too often.

Mary T.-Please tell me how to steam my face. I injured my eyes once in that manner.

You should close the eyes when steaming the face. But it is important to get the steam at the right temperature. Let the steam at the right temperature is the steam at the right temperature. Let the steam at the right emere to get to burn the skin, if attempted by one who after the steam at the right manner.

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When the same thing must be done of the steam and the sum preceded in the steam at the r

fectly round, and it can be made plump, even though it be hollow. The greatest facial defect in formation even though it be hollow.

The greatest facial defect in formation is the high cheek bones, for, with our standards of beauty, these are not considered pretty. But even these, if the complexion be good, will pass unnoticed in a study of the features.

Take one large ripe cucumber and stew

There was once a siri with gray, uncertain eyes, that twitched, and with eyebrows that were no color at all. Her forehead was very high and her mouth

was very wide and very narrow.

Her nose was flat and she was no beauty to behold. But one day she found a paper containing a beauty talk and after reading t she went to work upon her own case The result was soon apparent, and to-day she is accounted one of the most beautiful girls of her set. She did it herself by pa-

tient daily application Miss T.-I have read that the complex-ion can be brightened. Do you think there is any hope for a girl who is yellow as saf-

Yes, indeed. Drink a glass of water be-fore breakfagt with two lemons squeezed into it. On alternate days take a tempoon of phosphate of soda before breakfast. Live on spinach, if you can. Take it at

Live on spinach, it you can. Take it at least once a day.

Reader—Is there such a thing as reducing the weight? I weigh at least 20 pounds. It is unhealthy and unbecoming. What do you advise?

is to supply your missing teeth. Then he I advise reducing, and quickly. There

pounded for you a little prescription in which there are a few drops of carbolic I havise reducing, and quickly liefe is no need of weighing 200 pounds.

G. B. H.—Let me thank you for your reduction treatment. I are all I wanted and enjoyed myself generally, yet I lost weight all the time. It is good to know acid, just enough to act as a disinfectant warm water, with just a few drops of carbolle acid in the basin of water, in the proportion of about ten drops to two quarts of water. This will clear your that you can get rid of fifty pounds of fat without starving.

M. V. C.—I took your reduction treat-ment with the very best results. It is pleasant to know that the treatment

has brought such good results.

P. K. H. Why will women be fat when they can get thin so easily? The beauty page of this newspaper has been of much benefit to me and to the whole family. Reader-My trouble is a poor skin.
From reading the whole of the letter

from which the above is an extract, there is no doubt that the correspondent suffers from a poor diet.

She should take cooked fruit, pienty of 
vegetables, all the oranges and lemons 
she can get, and should adopt very nearly try to pinch a dimple into the hollows. He will work and work, using always a good skin food, and pretty soon he will bring you out with a nice, pretty face. You would be surprised to know the exa vegetarian diet. A correspondent says: My face is covered

with blackheads. Can these be removed

HAS NOBLESSE OBLIGE

cools.

it gently in water until it is a mere pulp. Strain, Add half a teaspoon of borax powder and five drops of benzoin. Shake and use upon the face. It is very sooth-H .- I have tried all sorts of face creams

and cold creams, but they all make my face very sore. What is the best thing They say that the pure ofl of almonds

is the best thing for a very tender skin.

Add a teaspoon of melted spermaceti to
a half cup of almond oil. Scent with any agreeable perfume.

M. R. H.—My wrists are thin and my arms emaciated. What can I do?

Massage a good skin food into them. You can make them very plump in this

manner.

Mrs. La—I bought some cold cream and
it nearly skinned my face. The druggist is
a reliable one, too. What was the cause?

Did he poison my skin?

I do not think so. The cold cream probably contained glycerin and glycerin is irritating to your skin. Very few can bear the action of glycerin in any form.

Mrs. T.-My complexion is much better, but it does not improve rapidly enough to suit me. What can I do?
The skin food was of great assistance,
was it/not? Now remedy your diet. Fat
less meat 3 Take green vegetables. Try

to keep the system in a healthy condition. That is half the battle. Mrs. Y.-You promised to give a talk upon bust development.

Several readers have asked for this and for the Vaucaire remedy. The latter is highly recommended. But have you tried the exercises and a simple system of mas-

A poor bust and hollow cheeks can both A poor bust and hollow cheeks can both be filled out with systematic exercise and by rubbing the skin with a fattening food.

G. H.—I want to thank you for the wrinkle cream, which was of great benefit to me. Now, will you give me a massage cream that will fatten?

Cocoa butter is very fattening. But a good thing would be almond oil, mutton tallow melted and spermaceti in equal parts. Heat in a double botler and let

No, they cannot. The skin must be simond oil, It should be no thicker than steamed and the blackheads taken out sweet cream.

the olden time and one that | things. in days gone by was considered as much part and parcel of a young person's education as bonesty and religion, and from time immemorial the motto-for motto it ishas been held aloft by all nations—that

is, all educated ones. It is impossible to give a literal translation of the term, as for different na-tures it seems to imply-different meanings, but in itself it signifies that it is impossible for a man or woman of noble birth to do anything derogatory to his or her in-

It is a motto that has been taken by many a self-made man who has lived up to it often far better than he who has inherited it with his coat-of-arms.

It is what has helped many a man and man to be brave in the face of adversity, to do kindly acts that might be ewhat unconventional, to maintain a high standard of honor, and has always an inspiration and impetus for those

OBLESSE oblige is a term of 'who would fain achieve the highest in all | ing, but if the smart women of New York

In this most commercial age such refinement of feeling and such delicacy of thought have apparently little opportunity

for growth. In the mad rush for wealth, in the growing greed for gain, it would seem as if men and women had entirely for-gotten all of the finer instincts and completely lost sight of anything but the

present moment and the desire to be first. To outdo each other in entertainments, to see who shall spend the most money, who shall be the most, conspicuously dressed, who shall win the greatest number of prizes at cards or be given the largest number of favors at a cotillon, utterly regardless of the means by which all this is attained, is the ruling passion. Card playing is always a favorite topic

for outsiders, as well as straight-laced people, to launch forth against in bitter There is no space here to go into the

society were to catch a glimpse of themselves as they appear-so intent upon winning a paltry prize and entirely forgetting manners and morals-they would afford a good subject for one of the travel-

ing preachers of olden time.

Curlously enough, it is the richest wom en who are the keenest in their desire to win prizes, and who do not hesitate to stoop to many little tricks and subterfuges to gain their ends, which would hardly seem in the least in accordance with their position in life.

The hostess who provides the finest prizes may be sure of having her invita-tions accepted, while she who may gather together a few cultivated people to play the game euchre or bridge, as the case may be-for the love of the game will find herself sadly left if it so happens that her invitations are sent out for the same day appointed for the other's entertainment.

Cotilion favors are prey for the girl who can accumulate the most—not necessarily the girl who receives them all as her share and who has been favored by many partners. question of morals as regards card play- partners.

At many of the large dances girls have to put their trophles in charge of chape-rons; otherwise they are quietly appropri-ated by the text person who comes along and recriminations are often openly in-

Gold watches, lip saive boxes and silver baskets, such as were given at one of the recent cotilions, are undoubtedly charm-ing souvenirs to possess as proof of an evening's triumph, but as there was probably not one of the guests at this same en tertainment who was not well able to purchase any number of such trinkets, it would acarcely seem worth while to descend to such very shady methods of going home laden with cotfilon-favors.

The worst of livell is that nothing is

thought of this. To win a prize, to get a favor, is the end and aim of everything, and, of necessity, it must needs blunt the finest sensibilities. Yet parents are not slow in criffcising the child who returns from a dance with few favors, while the child, on the other hand, bewalls toe fact that the mother returns from a card party without any prize.

Now cards and the prizes to be played

for give another advantage to the social

It is a cosily means of entertaining the cost as construction of the cost is said to be comparatively slight in comparison with comparatively slight in comparison with

takes you to the druggist and has co

In buying the carbolic to use for this

urpose tell your druggist how you are go-

ing to use it and ask him if ten drops to

two quarts of water will be too strong for

your face. If he understands his business he can tell, by glancing at your skin, just

how much you can safely use.

The beauty expert, having treated your

tent to which beauty depends upon the

who would not be good looking at all were t not for the exquisite tone of the skin. A

skin, will massage your cheeks and will

There is no woman so ordinary in ap-pearance and manner but who, it she be but known to give unique prizes and can get a few introductions, will be able be-

he will meet desirable acquaintances and incidentally receive an education is said to take place immediately after birth, or before, if possible. Then must needs follow the associations

There is no woman so ordinary in appearance and manner but who, it she be but known to give unique prizes and can get a few introductions, will be able before it he season is over to gather around her a coterie of desirable acquaintances—not under inty circumstances to be tunked as friends—whe are quite willing to go to her house buoyed up by the knowledge that there is a prize worth having to be played for.

The mad right and excitement of modern their noise buoyed up by the knowledge that there is a prize worth having to be played for.

The mad right and excitement of modern the him noblesse oblige enters into this sort of commercial arrangement, but their noblesse oblige is out of the race for the moment and certainly cannot compete with gold vases and silver tea sets.

It is rather a difficult task for parents in this age of the world to bring up a child in the way in which he should go, to inculcate in him those ideas most necessary to his success, commercially and socially, running contrary to all that has been for years insisted upon in the or-

GONE OUT OF FASHION?

This element in modern society is stronger than might be supposed. It is the onlookers who see the most of the game and whose eves are not so dulled by

In this age of the world to bring up a child in the way in which he should go, to inculcate in him those ideas most necessary to his success, commercially and socially, running contrary to all that has been for years insisted upon in the or-